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That is not a human right.

STEPHEN HARPER ANNOUNCES PLANS TO FIGHT HOMEGROWN TERRORISM, AS HE AND JUSTIN TRUDEAU CAMPAIGN IN OTTAWA metroNEWS

Cab drivers take second jab at Uber

REGULATION

Videos meant to expose drivers of the banned service

 **Haley Ritchie**
Metro | Ottawa

Ottawa taxi drivers ignored the advice of both Mayor Jim Watson and Ottawa bylaw this weekend, releasing a second instalment of their secretly recorded Uber stings on YouTube Saturday.

The group calls the video series The Reality of Uber, which is meant to expose drivers working for the illegal ride-sharing service.

The video opens with an intro saying the taxi drivers in the city were once “living life in the fast lane” at “the top of (their) game.”

Then cellphone footage shows a group of cab drivers calling an Uber from outside of the Barefax club on York Street. They enter the vehicle, secretly record the licence plate and ask the driver questions about payments, licensing and background checks.

The driver doesn’t seem to realize what’s going on, appar-

ently not having seen the original video. He says he has been working for Uber for a week.

After a similar video was released last week, Mayor Jim Watson said it made the cab drivers look like “thugs.”

“It doesn’t help the situation when you have this gang or posse that’s going around and secretly videotaping people in their cars,” he said, adding that he is sympathetic to industry problems.

“I think it hurts the cause of the cab drivers,” he said.

Roy Noja, spokesman for the group of anti-Uber cabbies, said the goal of the video is to collect evidence for bylaw officers to use in investigations against Uber drivers.

When contacted on Sunday, Noja said he could not comment at the time.

The city’s manager of licensing and permits, Phillip Powell, said last week that the video evidence can’t be used to charge drivers.

“Video footage on its own cannot be used to substantiate a charge of an unlicensed taxicab operation,” he said in an emailed statement. “Bylaw and Regulatory Services would still be required to conduct its own independent investigation.”

MORE ON OTTAWA’S UBER CRACKDOWN, METRONEWS



Two-time gold medal runner's back for more at Parapan Ams



Jason Joseph Dunkerley and guide Joshua Karanja earn a bronze medal in the men's 1,500-metre T11 final at the London 2012 Paralympic Games. The pair will compete in the Parapan Am 1,500-metres event on Aug. 14. PHILLIP MACCALLUM/CANADIAN PARALYMPIC COMMITTEE

TORONTO 2015

Blind athlete a Games veteran who is hungry for more gold

Ottawa runner Jason Dunkerley says that in conventional races against able-bodied runners, he's a middle-of-the-pack competitor.

He says this despite placing 62nd out of more than 11,000 runners in the 2015 Ottawa Race Weekend's 10-kilometre race, finishing the race in 33 minutes — just five minutes after the winner, Kenya's Nicholas Bor.

Another thing about Dunkerley: he was born without sight due to a congenital eye condition called Leber's congenital amaurosis. He has been blind since birth.

On Aug. 7, Dunkerley travelled to Toronto to join Team Canada in the 2015 Parapan Am Games and compete in the men's T11 1,500- and 5,000-metre races. T11 is the designation for blind runners who race with guides.

More than 1,600 athletes, including 216 Canadians, have gathered in Toronto for the Parapan Am Games, which run from Aug. 7 to 15.

A veteran of international races, this year's Parapan Am Games will be Dunkerley's third. At the 2007 Games in Rio, he won gold in both the 800- and 1,500-metre races.

At the 2011 games in Mexico he took home a silver medal for the 1,500-metre race and a bronze medal for the 500. Dunkerley is also a four-time paralympian, with silver medals from the 2000, 2004 and 2012 Paralympic Games and a bronze from the 2008 Games.

This year marks his first time competing in the Parapan Am Games on home turf, with his running guide Josh Karanja, something he says comes with the advantage of spending a few extra days in Ottawa, training and sleeping in his own bed.

Typically a mid-distance runner, Dunkerley, 37, said he's tended to excel in 800- to 1,500-metre races. However,

as he reached his mid-30s, he realized he needed to adapt his running style to his age and began training for longer endurance races. At a time in his career where some athletes have found their niche, worked hard at it and begin to think about retirement, Dunkerley embraces the challenge of training for longer races.

"As you get older it gets harder to maintain or increase your speed," he said, "In my 20s and early 30s I was more focused on 800-, 1,500-(metre races), now I'm really focused on the 5,000."

He's been blind since birth and running for almost as long. Born in Northern Ireland, Dunkerley and his two brothers Jon and Chris — who were also born with Leber congenital amaurosis — spent much of

qualified for his first national race in 1998. Since then he's joined the ranks of Canada's best blind runners.

He's done it all with help from a guide; a sighted runner who helps him navigate the track for each race.

For Dunkerley, every victory during the past four years has been twice as sweet because it's shared with Karanja. He considers his connection with Karanja and the strong flow of communication between them one of the pair's greatest strengths when it comes to competitive running.

Guides are assigned to runners based on height, weight and track times, but effective communication between a guide and runner is a strong asset.

"We communicate very well," Dunkerley said. "We're good friends ... and I think to do this successfully you have to like each other and understand each other, and I think that works well for us. When we're racing we can't talk very much but I understand what we need to do (because) Josh communicates it very well."

Dunkerley moved to Ottawa's south end with his wife Colleen, who he identifies as another important bastion of his support system, in 2003. With encouragement from the Ottawa Lions Track and Field Club, he quickly adopted the city as his home.

"Ottawa's just a great running community. When I moved here I was really welcomed with open arms by the Ottawa Lions," he said.

In 2010 he co-founded Achilles Ottawa, a running club designed to provide runners who are blind and visually impaired with a community of support.

"Our focus has been on people who are blind and visually impaired," Dunkerley said.

"I think it's a safe place for people to develop. It provides a safety net for people to explore who they are and their strengths, and work on their challenges, too."

"To give people an environment where they can evolve in a safe way."

MEGAN DELAIRE/METROLAND

We've done it before and we've experienced the novelty, and it is a very unique experience, but at this point we're really thinking about performance first.

— Jason Dunkerley

their early childhood playing sports together. They played soccer and cricket, they rode bicycles and they ran.

"The three of us grew up as huge sports fans, just of all sports in general," Dunkerley said. "And we could play a lot of sports ourselves, amongst ourselves and in our neighbourhood. We had a lot of encouragement to participate in sports in school in Northern Ireland but also when we moved to Canada."

Dunkerley gravitated toward track running after his family emigrated to Canada where he attended W. Ross Macdonald School for students with visual impairment, in Brantford. Students there are encouraged to participate in sports.

While studying at the University of Guelph, Dunkerley

IN BRIEF**Police officer on bike injured in hit-and-run**

An off-duty police officer was injured Saturday morning in a hit-and-run at Leikin Drive and Holitzner Way.

The officer was cycling when he was hit by the passing car. The driver did not stop after the incident, and the man is currently in hospital with serious but not life-threatening injuries.

The investigation is ongoing and police are asking anyone with information to call 613-236-1222 ext. 2481 or Crime Stoppers. HALEY RITCHIE/METRO

Three hurt in stabbing

Ottawa police are investigating a stabbing that took place early Sunday in the city's south end.

Police were called to an apartment building at 2176 Blossom Drive at around 3:20 a.m. Sunday and three people injured.

A 28-year-old man was taken to hospital in critical condition with multiple knife wounds.

A 26-year-old man and 20-year-old woman were also taken to hospital with less serious knife injuries.

HALEY RITCHIE/METRO

Shots fired in Vanier

Police are still investigating a Vanier shooting that took place early Saturday.

Officers were dispatched to the 300 block of Olmstead Avenue at 12:40 a.m. Saturday.

They were responding to a report that up to four gunshots were heard in the area.

Police said a lone gunman was seen running from the shooting into a car.

There were no victims, according to police.

HALEY RITCHIE/METRO

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Uber drivers face more charges following blitz

RIDE SHARING**Crackdown comes amid ongoing feud with cabbies**

Michael Woods
Metro Ottawa

Ottawa police and bylaw officials laid 32 charges against

Uber drivers in a blitz Thursday night, just days after vigilante-style videos emerged of cabbies taking the fight with the ride-sharing service into their own hands.

Police said 10 charges were laid for operating without a taxi licence and an-



AFP/GETTY IMAGES

other 10 charges were laid for driving an unlicensed taxi cab. The charges carry fines of \$615 and \$260 respectively.

Eight of the other charges were for Highway Traffic Act violations, including failure to provide insurance, use

of a handheld device and obstructing a licence plate, police said.

The blitz came just two days after videos emerged of taxi drivers secretly documenting ride-share drivers to try to help bylaw officials crack down on Uber.

City bylaw officials said the video evidence can't be used to charge drivers; the bylaw branch would still need to conduct its own independent investigation.

Mayor Jim Watson criticized the videos, saying they make the cabbies look like "thugs."

Police said Thursday night's blitz had been planned for a while.

Until Friday, 110 charges had been laid against 54 individual Uber drivers since the ride-sharing service started Ottawa operations in October.

MORE LOCAL NEWS ONLINE



RCMP PEACEKEEPERS' DAY RCMP Assistant Commissioner Todd Shean places flowers in a makeshift gun barrel as he takes part in the National Peacekeepers' Day ceremony in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

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Leaders return to campaign

ELECTIONS

Week 2: Harper still pushing safety and security

With the shadow of the Mike Duffy trial looming larger than ever, Stephen Harper is kicking off Week 2 of the federal election campaign with a headline-grabbing effort to crack down on homegrown terror threats.

Harper, keen to show off his bona fides as the experienced incumbent, promised to make it a crime for Canadians to travel to specific countries or regions where they could fight alongside groups officially identified by the federal government as terrorist organizations.

He says a re-elected Conservative government would establish "declared areas" — regions of the world where terrorist groups like the Islamic State of Iraq and the Levant (ISIL) hold control and use their base to recruit and train followers.

Foregoing casual campaign garb for the more prime ministerial suit and tie, Harper made his announcement at a news conference in Ottawa, flanked by Canadian flags.

He says national security agencies would track Canadians who travel to those areas; those who return would be required to prove they were in the region for humanitarian reasons, or as a journalist covering the conflict. Similar laws exist in Australia, which has designated parts of Iraq and Syria as no-travel zones.

On Wednesday, Duffy is scheduled to be back in court as the trial's star witness takes the stand: Nigel Wright, Harper's former chief of staff and

the man who gave the disgraced former Conservative senator \$90,000 to repay his disallowed housing and travel expenses.

When Justin Trudeau was asked at a campaign event in the Ottawa-area later on Sunday about how Wright's pending appearance might change the dynamic of the election campaign, the Liberal leader called it a reminder of Harper's "lack of respect for democracy and of his extremely poor judgment."

Harper has long insisted that Wright acted on his own and did not say anything about the transaction to him or anyone else in his office. But he was asked Sunday about the trial and, in particular, what Wright meant when he wrote in a February 2013 email that he'd been given a "good to go" from the prime minister. "I did not know that Mr. Wright had made a payment to Mr. Duffy," Harper replied. "As soon as I learned that, I made that public. And Mr. Wright has been clear about that. This is the purpose of the process and those who are responsible and I'll let the court do its work."

And "good to go"? "The words you're quoting are not my words, they're somebody else's," he said.

When asked about the ramifications of his proposed anti-terror measure, Harper struck a defiant tone.

"There is no right in this country to travel to an area under the governance of terrorists; that is not a human right," he said to a barrage of partisan applause.

He acknowledged — grudgingly — that humanitarian workers, journalists and diplomats might "theoretically" have legitimate reasons for travelling to such a country.

"There will be exceptions



Liberal Leader Justin Trudeau addresses a rally in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

What Albertans know, what all Canadians know, is the way to grow a strong economy in the 21st century is by caring for the environment, and you don't get to make a choice between one or the other. Justin Trudeau

in the law for those legitimate reasons, and I don't think that people who have legitimate reasons will have difficulty showing those, but we know what other people are doing there," Harper said.

"That is something that we

have to nip in the bud before trained terrorists return to this country."

Harper also volunteered an answer to a question he wasn't asked, reacting to remarks made last week by "star NDP candidate" Linda McQuaig,

who told a CBC panel discussion that for Canada to meet its climate change targets, "a lot of the oilsands oil may have to stay in the ground."

The comments contrasted with NDP leader Tom Mulcair, who has been open to oilsands development provided there is rigorous environmental protection and legislation to force oil companies to pay for pollution they create, including increased greenhouse gas emissions. Mulcair does, however, support a west-to-east pipeline for moving oilsands crude to market.

"That is the NDP's not-so-

hidden agenda on development," Harper said.

"The NDP is consistently against the development of our resources and our economy. That's why they have been a disaster wherever they've been in government and why they would wreck this economy if they ever got in, and why they must never get into power in this country."

Trudeau also chimed in, saying the exchange shows that both Harper and Mulcair are in "extreme positions" on oil extraction.

THE CANADIAN PRESS

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ECONOMIC DEVELOPMENT

Cabinet minister blames Tories for poor job growth

Economic Development Minister Brad Duguid says Ontario will be better off when the "disrespectful" and "petty" Harper government is thrown out of office.

Duguid's comments followed Ontario's weak performance on job growth for July, blaming in part the federal Conservative government's refusal to devote more money to infrastructure, especially now when Canada is teetering on a recession.

"The fact of the matter is the Harper government has been very disrespectful of Ontarians, whether it's the inadequate amount of infrastructure spending they are making in this province ... or whether it's their decision not to work with us ... on the Ontario pension plan," Duguid told reporters at Queen's Park in Toronto on Friday.

"They (the federal Conservatives) have been antagonistic of our government from Day

1 ... we believe that Ontario would be better off with a new government," he said.

Duguid comments are in the context of a federal election campaign and an ongoing war of words between Harper and Premier Kathleen Wynne, still fuming over the fact that Harper refused to let the federal government administer the Liberals' proposed Ontario Retirement Pension Plan.

TORSTAR NEWS SERVICE

'Remove the animals': Protesters

SHRINE CIRCUS

Group calls for show to stop using horses and elephants

Lucy Scholey
Metro | Ottawa

More than two dozen animal rights activists tried to dissuade circus-goers from heading into the big top Sunday afternoon.

The Shrine Circus erected a red-and-yellow tent in the parking lot of the RA Centre over the weekend, where about 14,000 people were expected to attend to watch tight-rope walking, clowns, motorcycle tricks and, of course, circus animals.

Michele Thorn, the main organizer of the protest, said the use of elephants and horses is "antiquated" and unnecessary.

"We're not saying shut down the circus, we're just saying remove the animals," she said. "Circus life is just no life for any animal — it doesn't matter whether it's a wild or domestic animal."

Several parents and children



Barb Prasow was among more than two dozen protesters gathered outside the Shrine Circus at the RA Centre on Sunday. The group claims the circus mistreats animals, but organizers say that's not true. LUCY SCHOLEY/METRO

driving into the RA Centre averted their eyes from the signs and protesters, some who were yelling and others who were quietly holding up signs or handing

out pamphlets.

Last week, Shrine Circus general manager Larry Solheim said they would never mistreat or abuse the animals, adding that

the two female elephants and 10 horses are healthy and well-cared-for.

"Most of those people have never even seen our circus," he

said. "What they do is they look on the Internet and they read information on other people — misleading information — and they don't know anything

about us."

He said the trainers have been part of the act for years — sometimes generations — and form a family-like bond with the elephants.

"The people that are working with the elephants now grew up as children around them, so the elephants have known them since they were babies," he said. "It's a really different kind of communication and bond than you'd see in a zoo where your handlers change all the time."

The elephants are the No. 1 attraction of the show, he said.

Two summers ago, then-circus chairman Lionel Rowe was accused of putting a protester in a chokehold and stealing his hat. Ottawa police later charged Rowe with assault and theft under \$5,000.

The alleged assault was caught on video and posted to YouTube. Rowe later wrote a letter of apology to the protester.

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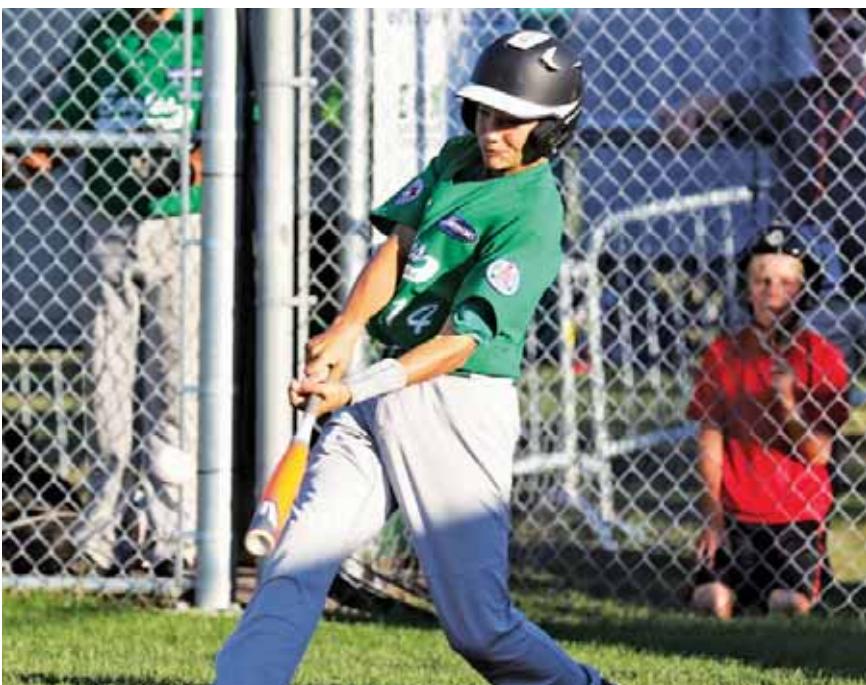
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Eagles' centre fielder Jayden Oliver hits a third-inning homer during Little League baseball action at the Eagles' Nest in Barrhaven (Ottawa) on Sunday. East Nepean won the game 11-0 over Moose Jaw All-Stars at the 2015 Canadian Little League Championships. MIKE CARROCETTO/METRO

Little League, big-time bats

CANADIAN CHAMPIONSHIPS

East Nepean team clobbers Moose Jaw, moves to 3-0

Mike Carroccetto
For Metro | Ottawa

Green with envy.

That's one way to describe all six visiting Little League teams after the host East Nepean Eagles beat Moose Jaw All-Stars 11-0

Sunday evening. The Eagles (3-0) now sit alone atop the standings at the 2015 Canadian Little League Championships being played in Barrhaven.

Eagles' centrefielder Jayden Oliver and starting pitcher Ben Adams hit back-to-back homers off Moose Jaw starter Rylan Watson to key a seven run third inning uprising for East Nepean. Oliver also homered in the fourth inning, had four RBIs in the game.

Adams, who was on a pitch count, left the game with one out in the second. Nick Pileggi finished the game, struck out six

All-Stars and was credited with the win. Pileggi went 2-2 at the plate and also drove in a run.

Baseball Hall of Famer Robbie Alomar, the former Blue Jays all-star second baseman, will be the guest speaker at the now sold out Champions' Dinner at Algonquin College on Thursday evening.

Round-robin games continue at the Eagles' Nest on Longfields Dr. in Barrhaven until Thursday afternoon. Barring any rain-outs, Friday is an off-day, with the top four teams advancing to Saturday's semi-finals. The championship game will be played on Sunday at 1 p.m.



Eagles' Ben Adams (No. 13, centre) is congratulated by his teammates at home plate after hitting a three-run homer in the third inning on Sunday.



Eagles' starter Ben Adams delivers a pitch.



Eagles' reliever Nicholas Pileggi tags Moose Jaw runner Evan McCubbing, who was safe on the play but called out for using a head-first slide. ALL PHOTOS BY MIKE CARROCETTO/FOR METRO

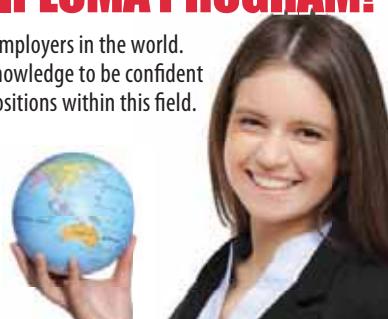
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QUEEN'S PARK

Wynne changes course, gives PC leader chance to run in byelection

Premier Kathleen Wynne is about to call a byelection that will give the leader of the Opposition a chance to seek a seat in the Ontario legislature.

Wynne said during an appearance in Penetanguishene on Saturday that she would call the byelection in Simcoe North next week for Sept. 3.

The announcement saw Wynne change course after recently rejecting Progressive Conservative Leader Patrick

Brown's request for an early byelection in the riding.

Wynne initially said she would wait until after the Oct. 19 federal election campaign was over, but now says she doesn't want to stand in the way of Brown's willingness to contest a byelection during a federal writ period.

On July 22, veteran Simcoe North Tory MPP Garfield Dunlop announced that he would step aside on Aug. 1 so the new PC leader could run.

Brown wrote an open letter to Wynne urging her to schedule the byelection in August so he could be in the legislature in time for the fall session.

He resigned his seat in Parliament as the MP for Barrie after he won the provincial PC leadership in May, and Wynne said at the time she would call a byelection "as soon as he can find a riding" in which to run.

TORSTAR NEWS SERVICE

All things India in Ottawa

CULTURE

Festival brings colour, cuisine of the country to city hall



Haley
Ritchie
Metro | Ottawa

The fourth annual Festival of India brought music, dance, food and colour to city hall over the weekend during the three-day-long celebration of Indian culture.

Muskan Bhatia and Gauriv Jain were the festival's volunteer emcees, and were to perform in a 10-person Bollywood number to close the celebration Sunday night.

"I look forward to it throughout the year," said Bhatia, who has been helping out for a number of years. "It only happens once a year and it gives you an option of three days so at least come for one. It really makes you feel like you're back home."

Bhatia said the workshops



Seven-year-old Shivani tries her hand at the pottery wheel with local artist and workshop leader Nirmala Chopra. HALEY RITCHIE/METRO

were her favourite part of the festival.

"They bring such inspirational people, they do a mini-lesson and they teach it really well," she said.

This year workshops included a hands-on pottery

I look forward to it throughout the year.
Muskan Bhatia

class, Alpana painting, kite construction, cricket games, yoga, cooking demonstrations and a "how to put on a saree" workshop.

There was also a miniature Holi celebration—the springtime festival involves throw-

ing brightly coloured powder into the air.

Jain said his favourite part of the weekend was the music, including seeing some rare instruments.

"Yesterday I saw someone playing the harmonica and he was amazing; he could move his fingers so fast. I've never seen anything like it," he said.

The festival featured a mixture of traditional and modern live performances, including Vancouver-based Delhi 2 Dublin, who combine Indian Bhanga sounds with Celtic fiddle.

Bhatia was born in India and came to Canada when she was four, while Jain was born in Ottawa and often visits home. They said sharing the culture is a big part of the weekend.

"And even if you're not from India, you can get a taste of what it's like over there, it's a great experience," said Jain.

One of the most popular parts of the festival is getting a literal taste of the culture—breakfast, lunch and dinner are served all weekend.

COMING UP

Lots to do if you like fitness and politics

If you're eating up the lunch-hour volleyball, competitive walking lessons or evening salsa dancing at city hall, then mark your calendar for these other summer happenings.

1 Up the relaxation with downward dog

Roll out the yoga mat before a full moon at Aberdeen Pavilion at Lansdowne Park on Aug. 29. The tree poses and Shavasana start at 8 p.m.

2 Fitness Fridays

Whether it's Zumba, boot camp or dance, there's something blood-pumping going on every Friday at Lansdowne Park until Sept. 4.

3 Back to work

City hall committees are slowly, but surely heating up again this summer. The built heritage sub-committee meets on Thursday to discuss plans for the \$30-million makeover of the old industrial building at 7 Bayview Rd. It will be turned into an innovation hub.

LUCY SCHOLEY/METRO

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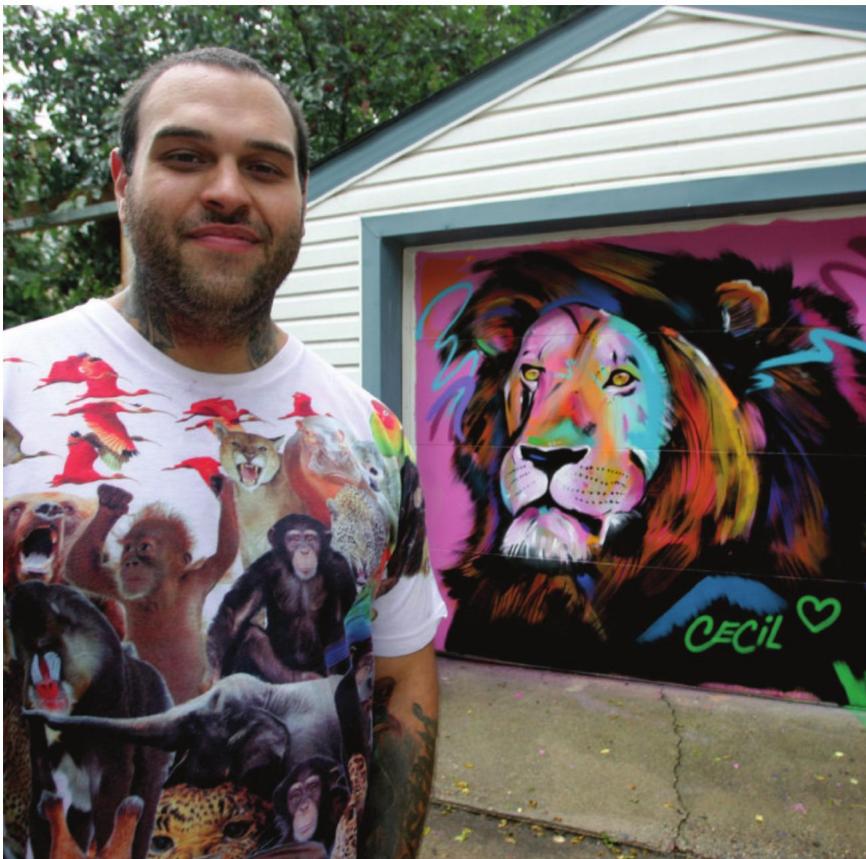
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MEMORIAL FOR CECIL ARTIST PAYS TRIBUTE TO SLAIN LION Brian Gasenzer of Winnipeg painted his Arlington Street home's garage door with a tribute mural to Cecil, the African lion killed in an illegal hunt in July. DONNA MAXWELL/FOR METRO

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Reporter 'rattled' by live on-air kiss

SQUAMISH, B.C.

RCMP looking for tips from public to help identify man

Another television reporter doing a live report received a jarring distraction after a man kissed her on the cheek.

CBC reporter Megan Batchelor was covering a music festival in Squamish, B.C., north of Vancouver, on Friday when the incident happened. She was doing a live hit for the network's 6 p.m. newscast when video the network aired shows the man came up from behind, kissed her on the cheek and took a selfie. The CBC quotes Batchelor as saying she was "rattled" by the encounter and felt like the unidentified man was trying to interfere with her ability to do her job.

The broadcaster is reporting that Batchelor has made a com-



CBC reporter Megan Batchelor said she felt like the stranger who kissed her while she was covering a music festival in B.C. was trying to interfere with her ability to do her job. TWITTER

plaint to the RCMP and the network is asking anyone who knows the identity of the man to contact police.

The CBC said in a statement on Sunday that Friday's incident is another example of a disturbing trend and the network will do everything it can to ensure its journalists are safe when reporting from the field.

The RCMP says it has taken statements from Batchelor, a CBC cameraman and a witness, but the head of the Squamish

RCMP detachment said tips from the public would be key in helping police to identify the man. "We really have no other recourse than to seek the assistance of the public," said Staff Sgt. Brian Cumming.

It's unclear what charges might be laid. Cumming noted that in British Columbia unlike other provinces, police must refer the case to the Crown and prosecutors decide on laying charges.

THE CANADIAN PRESS

HEALTH

Rising obesity puts many at risk: Study

Steadily rising rates of obesity, diabetes and high blood pressure over the last decade have dramatically increased the risk of heart attacks and strokes among some groups of ethnic Canadians, researchers say.

An Ontario study determined that from 2001 to 2012, diabetes rates more than doubled among South Asian men and almost doubled among black women.

While obesity levels rose among all ethnic groups and sexes, the biggest increase was observed in Chinese men, whose rate more than doubled during the study period.

"We found that the most striking difference was among the prevalence of diabetes," said lead researcher Dr. Maria Chiu, a scientist at the Institute for Clinical Evaluative Sciences (ICES) in Toronto.

"It was most stark among South Asian men. The prevalence of diabetes doubled over the 12-year period we looked at, from seven per cent to 15 per cent, and among black women

15%

The prevalence of diabetes among South Asian men living in Canada in 2012 — more than double the rate from 2001.
THE CANADIAN PRESS

it also increased, from about six per cent to 12 per cent."

The study, published Monday in the journal BMJ Open, analyzed data from almost 220,000 Ontario residents who responded to Statistics Canada's Canadian Community Health Surveys from 2001 to 2012.

It is believed to be the first in Canada to examine ethnic-specific cardiovascular risk-factor trends over time.

"We know that people who come to Canada are generally healthier to begin with — this is (called) the healthy immigrant effect — and then the longer they stay here, they pick up the bad habits of the Western culture," said Chiu.

"For example, they eat more fatty foods, they eat more meat, more processed foods, as well as eat between meals."

The analysis showed that black women and men and South Asian men had the greatest increases in risk factors for declining cardiovascular health over the period.

THE CANADIAN PRESS

Violence mars Haiti polls

DEMOCRACY

Legislative elections nearly four years late

Haitians were electing legislators to Parliament Sunday after a years-long wait, but the vote was plagued with delays, disorder and occasional fist fights and rock throwing.

The legislative elections had been postponed for nearly four years due to a political showdown between Haiti's executive and opposition, and they have been billed as a crucial test of the country's electoral system ahead of a presidential vote in October. Sunday's first round seeks to fill two thirds of the 30-member Senate and the entire 99-member Chamber of



Are they trying to discourage voting?

Gerald Henry



A man rips an election ballot in Port-au-Prince, Haiti, Sunday after authorities closed a voting centre during parliamentary elections. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Deputies.

But a number of polling stations across the country of 10 million people had to wait for ballots hours after voting was supposed to start at 6 a.m. In sections of Port-au-Prince, voters grew exasperated after being

told they couldn't cast ballots because their names weren't on official voting lists.

"This is very frustrating," gardener Gerald Henry complained to a reporter after election workers turned him away.

"Are they trying to discour-

age voting?"

In the crowded capital, at least three voting centres were shut down by authorities after fist fights broke out as partisans attempted to stuff ballot boxes and engage in other irregularities. At one voting cen-

tre in downtown Port-au-Prince, groups of young men ripped up paper ballots as armed police shot into the air to re-establish order. Rocks were thrown in response before authorities closed the polling station.

Local media also reported the closure of polling places in other sections of the country and scattered arrests of people accused of voting more than once.

Observers from various political parties complained election officials did not give them access to voting centres.

Still, Haitian Prime Minister Evans Paul said the government was satisfied with how the legislative elections were being handled, "despite the incidents that we would like to firmly condemn."

About 5.8 million people were registered to vote. More than 1,850 candidates from nearly 130 political parties were running.

Elections in Haiti are never easy and the country's Provisional Electoral Council has long been criticized for votes plagued by disorganization, ballot irregularities and fraud allegations.

THE ASSOCIATED PRESS

RELIGION

Catholics divided on gays

Pope Francis refined his vision for the church last week when he said long-spurned divorced and remarried Catholics should be welcomed with "open doors." And he has famously parsed centuries of thought on homosexuality into a five-word quip: "Who am I to judge?"

Yet the Archdiocese of Philadelphia opened its door only briefly when married gay teacher Margie Winters, trailed by supporters, arrived Monday with 23,000 petitions seeking reinstatement to her job at a Catholic elementary school.

Winters, 50, lost her job at Waldron Mercy Academy in June after a parent complained about her 2007 marriage to a woman.

Jesuit-run Fordham University stands by its theology chairman, whose same-sex marriage made the New York Times wedding section this year, while Seton Hall University, with ties to the Newark, N.J., archdiocese, dismissed a chaplain who denounced gay bullying and later came out as gay. THE ASSOCIATED PRESS

TECHNOLOGY

3D printing gives hen new leg



Cecily and her new leg.
BOSTON GLOBE

Keela Sweeney
Metro in Boston

Cecily, a Boston chicken amputee, underwent the first phase of her surgery to make a 3D printed prosthetic leg this past week.

Cecily was born with a torn tendon in her right leg that made walking extremely difficult. When the hen's owner brought her in to an animal specialist they were given two options: put Cecily down, or

pay for the prosthetic leg.

Cecily's owners decided that it was worth the \$2,500 US for a new leg.

"We decided it was worth splurging for the rehabilitation because we love our hens," Patrick Crozier told the Boston Globe. "They are more than just egg-layers. We help them so they can live as long as they can. They become part of the family."

After her series of surgeries and full re-coop-eration, Cecily will be returned to the Black Thistle Farm in Clinton, Mass.

IN BRIEF

Gibraltar territory violated

British and Gibraltar officials say several Spanish police vessels and a customs helicopter illegally entered and violated the territorial waters and air-space of the tiny British territory of Gibraltar on the southwestern tip of Spain.

Britain's Foreign Office Minister Hugo Swire said although the incursions were believed to be part of the pursuit of a suspected drug-smuggling speed-boat, the actions were unlawful. THE ASSOCIATED PRESS

SAN FRANCISCO

Woman swims dangerous channel

A New Zealand native became the first woman to swim the 50-kilometre stretch from the Farallon Islands near San Francisco to the Golden Gate Bridge on Saturday and conquer one of the world's most dangerous crossings.

Kim Chambers, 38, dove in the cold water late Friday and passed under the bridge about 17 hours later.

She was followed by a boat carrying her mother and about 16 crew members who watched

for dangers.

Four men have completed the Farallones to Golden Gate swim. The stretch of water is notorious for great white sharks that are attracted to elephant seals on the cluster of islands off the San Francisco coast.

The San Francisco Chronicle reports Chambers planned her swim at a time when the seasonal shark population at the Farallones is typically away and only year-round ones would be present. THE ASSOCIATED PRESS

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 SINCE 1975



ISTANBUL DEMONSTRATORS RALLY FOR PEACE Anti-war demonstrators flash the V-sign at a pro-peace rally in Istanbul, Sunday, against the outbreak of new clashes between Turkish security forces and pro-Kurdish rebels. Violence in Turkey has flared in recent weeks, shattering an already fragile peace process between the Kurdistan Workers' Party, or PKK, and the government. The rebels launch almost daily attacks at the Turkish security forces while Turkish jets have raided suspected PKK bases in northern Iraq.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

WEST BANK

Israel imprisons Jewish extremists

Israel intensified its crackdown on Jewish extremists Sunday, imprisoning two high-profile ultranationalist Israelis for six months without charge and arresting additional suspects in West Bank settlement outposts, security authorities said.

The crackdown comes after a deadly July 31 firebomb attack on a Palestinian home in the West Bank that killed an 18-month-old boy and his father and severely wounded his mother and brother.

Tensions have soared since that attack and on Sunday, Israeli troops shot and killed a Palestinian who had stabbed an Israeli in the West Bank, wounding him lightly.

Authorities called the arson attack an act of "Jewish terrorism," and Israel's Security Cabinet approved the use of harsh measures to combat the trend, including administrative detention, which allows suspects to be held for lengthy periods without charge. THE ASSOCIATED PRESS

IN BRIEF

Bangladesh police kill six suspected tiger poachers

Police in Bangladesh have shot dead six suspected tiger poachers in the world's largest mangrove forest after a new survey found that the population of the big cats has dropped alarmingly.

Local police official Harendranath Sarker says authorities recovered the bodies of the suspects following a gunfight Sunday with a gang in the Sundarbans mangrove forest, home to critically endangered Royal Bengal tigers. THE ASSOCIATED PRESS

One year since Brown's death

FERGUSON

Anniversary marked by silence and march

One year after the shooting that cast greater scrutiny on how police interact with black communities, the death of 18-year-old Michael Brown in Ferguson, Missouri, was marked Sunday with 4 1/2 minutes of silence and a march led by his father.

A crowd of hundreds that had gathered to commemorate Brown began their silence at 12:02 p.m., the time he was killed, and the length of time was to symbolize the 4 1/2 hours that his body lay in the street after he was killed. Two doves were released at the end. Police largely remained away from the ceremony.

Michael Brown Sr. held hands with others to lead the march, which started at the site where his son, who was black and unarmed, was fatally shot by a white Ferguson officer Darren Wilson on Aug. 9, 2014. A grand jury and the U.S. Department of Justice declined to prosecute Wilson, who resigned in November, but the shooting helped spur a nationwide "Black Lives Matter" movement that raised difficult questions about law enforcement treatment of minorities and police use of military-grade equipment while controlling crowds.

Pausing along the route at a permanent memorial for his son, Michael Brown Sr. said, "Miss you."

He had thanked supporters before the march for not

allowing what happened to his son to be "swept under the carpet."

Michael Brown Sr. had also led a parade involving several hundred people on Saturday. He said his family is still grieving, but he believes his son's legacy can be seen in the increased awareness of police shootings, and renewed skepticism when officers describe their side of events leading up to those shootings.

Vernice Durgins, a 60-year-old black woman from Ferguson, said she's seen little progress in the past year.

Some who marched in the Saturday parade wore T-shirts

"Darren Wilson" written on the side of the animal. The pig's head was placed on a concrete barrier near the sidewalk separating the protesters from the officers.

But the focus of the weekend is largely on Brown, who graduated from high school weeks before the shooting and planned to go to trade school to study to become a heating and air conditioning technician.

Relatives and friends described Brown as a quiet, gentle giant who stood around 6-foot-3 and weighed nearly 300 pounds. But police said Brown stole items from a con-

It makes me sick to think what happened ... I looked it like it could have been my sons or grandsons.

Vernice Durgins

venience store and shoved the owner who tried to stop him on the morning of Aug. 9, 2014. Moments later, he and a friend were walking on Canfield Drive when Wilson, who is white, told them to move to the sidewalk.

That led to a confrontation inside Wilson's police car. It spilled outside, and Wilson claimed that Brown came at him, menacingly, leading to the fatal shooting. Some witnesses claimed Brown had his hands up in surrender. Federal officials concluded there was no evidence to disprove testimony by Wilson that he feared for his safety, nor was there reliable evidence that Brown had his hands up in surrender when he was shot.

Some of the demonstrators carved and ate from the head of a roasted pig, which earlier in the day had the name THE ASSOCIATED PRESS

VERMONT

Mom kills 3 relatives and social worker

A woman who lost custody of her 9-year-old daughter killed three relatives in a Vermont home and then headed to a nearby state office to gun down the social worker involved in the custody case, authorities alleged.

Police said 40-year-old Jody Herring shot social worker Lara Sobel, 48, twice on Friday, killing her outside an office of the state Department for Children and Families in Barre as Sobel was leaving work. Herring was

tackled outside the building and arrested on a first-degree homicide charge.

The next morning, an emergency call brought officers to a Berlin home, where they found three relatives of Herring dead. Police said at least two of the women appeared to have been shot.

Barre Police Chief Tim Bombardier said Sunday he doesn't expect any more bodies will be found in relation to the case.

THE ASSOCIATED PRESS

TRANSCANADA CORP.

Company plans for pipeline rejection

The Canadian company involved in the controversy-plagued Keystone XL pipeline project has begun planning its response to an anticipated rejection of the project by U.S. President Barack Obama.

In its public statements, TransCanada Corp. is expressing hope he might still approve the pipeline, which over the course of its years-long delay has become an irritant between the U.S. and Canadian governments.

But people close to the project say the company has become all but convinced a rejection is imminent based on signals the White House is sending publicly and privately — and it's now considering the next move.

One possible response is a challenge under the North American Free Trade Agreement to recoup damages from the U.S. government. Another is immediately re-filing a permit application with the U.S. State Department before the 2016 presidential election.

One source involved in the project said company lawyers are being consulted on the mechanics of a NAFTA challenge, and weighing the legal and political implications.

He said the main suspense now is how Obama will make his big announcement — quietly, in a mid-summer Friday afternoon statement, or boldly from a platform like his upcoming Aug. 31 trip to a climate-change conference in Alaska.

"There's a broad acceptance that the decision's been made," he said, adding that different White House employees had suggested a rejection's coming.

THE ASSOCIATED PRESS



Colin Dobell, president and CEO of Inuktun Services — a maker of modular mobile robotic crawler vehicles, based in Nanaimo, B.C. — stands with the Versatrax Vertical Crawler and the Versatrax Controller. CHAD HIPOLITO/THE CANADIAN PRESS

Techies crawl to the top

INUKTUN SERVICES

B.C. company's agile robots explore where humans can't

success, the Nanaimo, B.C.-based company remains little known at home.

That's largely because most of its products are sold outside of Canada, said company CEO Colin Dobell.

"We're not really well-known locally and that's OK," he said in a phone interview from the company's head office on Vancouver Island.

"We're more export than anything ... oil and gas and nuclear would be our two biggest markets. But we get into a lot of other kind of oddball stuff too that we never even imagined our equipment would be used for."

Inuktun's agile robots are used to access confined spaces and hazardous environments that humans can't.

Their clients range from Pacif-

We're not really well-known locally and that's OK.

Inuktun Services Ltd. CEO
Colin Dobell

ic Gas and Electric Co., which used crawlers to inspect inside a natural gas pipe after a fatal pipeline explosion in California five years ago, to Starbucks, which bought cameras to inspect coffee beans on a conveyor.

Earlier this year, Inuktun announced it was sending a custom snake-like crawler to the Fukushima Daiichi Nuclear Power Plant to assess the damage from 2011's massive earthquake and tsunami.

After the 9/11 attacks "we sent robotic equipment to Ground Zero to do search and rescue and search and recovery efforts," Dobell said.

"A few years ago, we sold a whole bunch of equipment to the U.S. military to actually use in cross-border tunnel investigation in U.S.-Mexico borders and also overseas in the Middle East."

But Dobell said the most compelling stuff is top secret. The company is kept quiet by big-name clients that don't want the public to know what they're using the technology for.

When Inuktun began in B.C. in 1989, its owners had no idea they would be signing non-disclosure agreements with some of the world's most prominent organizations.

Dobell said that part mater-

ialized "largely by accident," after Inuktun's co-founders Terry Knight and Al Robinson — both now retired — started the company "as kind of a fun project to take them into retirement."

"When they started they were building these little swimming ROVs," he said.

"The idea being you would sit on your boat, throw it over the edge and watch the crabs or chase fish or pick up the keys you dropped."

Dobell, who came on board in 1996, said the product was too expensive for a recreational market, but got the attention of the nuclear industry and spawned the creation of different robotic systems to meet customer demand over the years.

THE CANADIAN PRESS

IN BRIEF

Carphone Warehouse starts cyberattack probe

British cellphone retailer Carphone Warehouse has launched an investigation after personal details of up to 2.4 million customers may have been accessed after the company was hit by a cyberattack.

The company also said up to 90,000 customers may also have had their encrypted credit card information accessed. The security breach could have included names, addresses and bank details. THE ASSOCIATED PRESS

China's consumer inflation up marginally in July

China says consumer inflation edged up to a still-low 1.6 per cent year-on-year in July, which leaves room for Beijing to cut interest rates or take other steps to stimulate slowing economic growth.

The inflation rate rose from the previous month's 1.4 per cent, driven by a jump in pork prices. The National Bureau of Statistics said Sunday that costs also rose for medical care, tobacco and pre-school education. THE ASSOCIATED PRESS

UBER

Sex-assault suspect had fake city permit

Ride-sharing service Uber says an internal investigation found it mistakenly granted driver status to a man now accused of sexually assaulting a female passenger.

WFAA-TV of Dallas-Fort Worth reports Uber Dallas general manager Leandre Johns revealed the problem in a letter to Dallas code compliance officials.

Johns said Talal Ali Chammut presented a fake city permit to obtain Uber approval.

al as a driver. He said because the permit was accepted as genuine, Uber thought he had already passed a city background check, so the company did not perform one of its own.

Officials say Chammut would have failed the Dallas background check due to a felony on his record. Records show Chammut was released in 2012 after serving time on a federal weapons charge.

THE ASSOCIATED PRESS

MARKETING

Advertisers jump on Emoji bandwagon

Everyone speaks emoji, and now advertisers do, too.

Catching on to the digital era's cross-cultural language of choice, advertisers have learned to speak emoji in a world where promotional videos are ignored and ad banners are blocked.

Tiny digital pizza and French fries icons, and pictures of animals and planes are being used to advertise fast food, airlines and even NGOs.

Emoji characters have become at least as pervasive as

smartphones, and users are moving away from communication platforms that allow advertising towards networks that don't, said Marie Dolle, a digital media content specialist at Kantar Media.

In May, McDonald's — a pioneer in emoji advertising — launched its own digital stickers package that allows users to insert pictures of Big Macs, sundaes and chicken nuggets into their WhatsApp, Facebook Messenger or text messages. AFP

metr^o VIEWS

Your essential daily news

Monday, August 10, 2015

POLL: FAREWELL JON STEWART

Jon Stewart made a career of skewering U.S. politics and media on The Daily Show. Over 16 years, what started as a parody of a nightly newscast became one of the nation's most trusted sources of news — at least for liberals and progressives. We asked our readers about Stewart's next step (many are hoping it's the White House!) as Trevor Noah takes the reins.

35% RUN FOR OFFICE

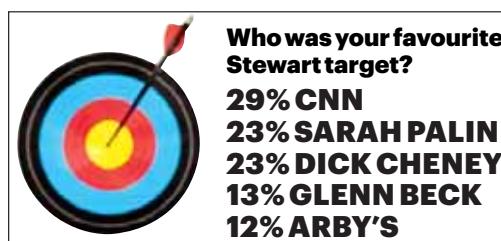
14% DIRECT MORE MOVIES

15% REGROW HIS BEARD

18% RUN A NETWORK LIKE OPRAH

18% STANDUP

WHAT SHOULD JON STEWART DO NOW?



WHO WILL YOU TURN TO FOR NEWS?

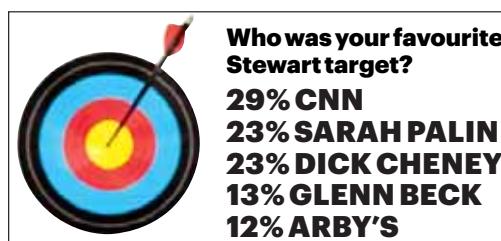
10% Maybe Mansbridge?



50% John Oliver & Stephen Colbert

16% Nothing. News is dead

24% I'll try Trevor Noah



333 RESPONDENTS

Answer our poll every Friday at metronews.ca

Election action's on the way, so savour summer

COLLINS' CAPITAL

Steve Collins



So, did you watch the leaders' debate last week? Or did you just take another dive off the dock, another beer from the cooler, another bike ride to nowhere in particular?

Admittedly not normal, I tuned in. One of my fellow junkies, a recovering politico, was as unhealthily keen as ever to chew over the debate blow-by-bloviation the next day, but he'd caught only the first hour because he'd been too busy playing soccer.

Technically, the current electioneering marathon is in its second week, but so far it's not hard to avoid — apart from the heavier rotation of attack ads featuring that human-resources panel that apparently now hires prime

ministers (so much neater than voting) and isn't swayed by nice hair.

Our tidy city is making it easier to avert your eyes from the action, with bylaw banning lawn signs from private property until Aug. 20, and public property until Sept. 19.

Gripped with election fever we are not. A Liberal campaign worker in Orleans tells me summer holidays have accounted for a drop of about 10 per cent in volunteers available for door-knocking — and about the same decline in the stock of voters actually home behind those doors.

And there's little sign here, so far, of partisan fireworks like those between Conservative leader Stephen Harper and premiers Kathleen Wynne and Rachel Notley. Mayor Jim Watson seems to be keeping his head down, endorsing no party or candidate and telling Metro he's happy to work

on infrastructure, transit and affordable housing with whoever forms the government.

Watson's big ask — \$1 billion for the second phase of light rail — has already been answered, with the Conservatives announcing funding a week before the writ.

The other parties have been quick to pledge their support too. This phase will incidentally, extend light rail service into the suburbs, and ridings (Ottawa-Orleans, Ottawa West-Nepean) the major parties have in their crosshairs.

Also seemingly sidelined for now is the Memorial to the Victims of Communism, which has been a reliable source of controversy. The National Capital Commission won't vote on it until November, after the election.

So, what will the locals scrap about throughout this extra-innings campaign?

We can expect to hear

about the disappearance of home delivery by Canada Post, which some still see as the entire point of a postal service.

Cuts to the public service, on track to total 35,000 by 2017, hit home here, where 42 per cent of government employees live and where voters are more likely to think of them as friends, neighbours and family than as faceless bureaucrats. OC Transpo has blamed a prolonged streak of declining ridership squarely on these job losses.

Politicking will likely pick up after Labour Day. In the meantime, there's nothing wrong with savouring your summer. You've got an important job to do, but the polls will still be there in October.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview



Columns come in a few finite forms. Here's a cheat sheet

We've reached Peak Opinion.

I say that with authority because every day I file into the cacophony columnist melting pot/Twitterosphere/Internet-universe/Facebook-land and languish among the Tabatha Southey and Jessica Valentis. And, of course, the men — also known as two thirds to three quarters of all columnists.

But all that chinwagging doesn't have to confuse. Despite the perpetual spew, columns come in a few finite forms. Here is your cheat sheet.

The Hot Take: To quote the New Republic quoting Salon's Simon Maloy, "A hot take is a piece of deliberately provocative commentary that is based almost entirely on shallow moralizing."

The Comic Angry: A scathing column with metaphors more grandiose than Donald Trump on a gold toilet on an elephant on a rocket in space yelling "I don't need anybody's money!"

The Why This is Wrong: Take a controversy, pick a side and say why the other is wrong, or why they're both wrong, or why the reader is wrong to think one of them is wrong.

The We're All Feminists Here: Ask women celebrities to play nicely, because even if they hate each other, we should all hate patriarchy more. Vive la feminist dream!

The Slice of Life: Something mildly interesting happened

to me the other day, and now you're going to hear about it.

The Me vs. Trend: There's a new trend. This is why it's stupid, or great, or why you're stupid for doing it, or stupid for not doing it.

The You Should Know About This: Something important is happening in the world, but Kim Kardashian gave birth again so you haven't heard yet. It could be happening close to you, or far away, but you should know because, like I said, it's important.

The We Take Celebrity Too Seriously: Self-explanatory.

The Satire: I don't mean a word of this.

The Reasoned View: There's fierce debate over an issue, but the correct view is to tread the middle ground, cherry pick from both sides and blend into a position both lucid and impossible to act from.

The Life is Good: Amid the wars and corporate greed, this individual has done something inspiring/extraordinary/life-fulfilling. So cheer up.

The Epiphany: Here I share an experience that clarifies one of the meanings of life. You're welcome.

Peak Opinion, unlike other peaks, will not edge off into a decline. It's more a plateau. But at least you can now say, "Hey! She's just doing the We Take Celebrity Too Seriously!" shrug, stop reading and enjoy your day.

metr^o

Your essential daily news

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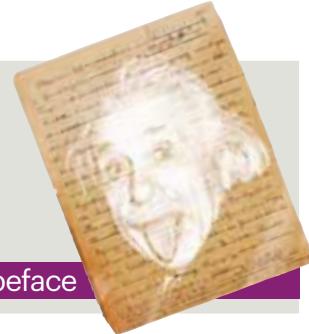
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PHILOSOPHER CAT
by Jason Logan





The young and the not-so-sober

ALCOHOL ABUSE

Marry young and you could bypass binge drinking: Study

Problem drinking tends to decrease with age for many individuals, but a new study says marriage could allow young people with a tendency to abuse alcohol to bypass an unhealthy phase.

While social scientists and psychologists would have once said that binge-drinking young adults are not ready for marriage and should learn to curb their habit before tying the knot, this U.S.-based research team has another perspective.

"Confirming our prediction, we found that marriage not only led to reductions in heavy drinking in general, this effect was much stronger for those who were severe problem drinkers before getting married," says Matthew Lee of the University of Missouri.

Springboarding off a theory that Lee describes as the "role incompatibility theory," the team hypothesized that the most se-

ROLE INCOMPATIBILITY THEORY
The most severe of problem drinkers must make the most dramatic changes to adapt to the demands of married life.

vere of problem drinkers must make the most dramatic changes in order to adapt to the demands of married life.

Behavioural change, says Lee, is one way to resolve incompatibility with a new role such as that of a husband or wife.

The team established that the older people got, the less they drank.

This effect was even more pronounced for those who were problem drinkers before marrying, according to the study, whose hypothesis was thus confirmed.

"We believe that greater problem drinking likely conflicts more with the demands of roles like marriage," says Lee. "Thus, more severe problem drinkers are likely required to substantially alter their drinking habits to adapt to the marital role."

The study brings to light the concept of lifestyle roles as a driving force behind reducing alcohol consumption.

The research team believes that with further studies, they could uncover key insights that could change our approach to young people who abuse alcohol.

The study was published in the journal *Alcoholism: Clinical and Experimental Research*. AFP

HANGOVER CHIC

New beauty trend: looking like you had too much to drink

Being drunk or hungover isn't usually regarded as a great beauty look, but all that is changing thanks to a new Asian trend. "Hangover makeup" is the latest look to hit social media, with girls in Japan and Korea uploading photos of themselves on Instagram intentionally looking like they've just come home from a big night out.

Eye bags are traditionally seen as something to try to hide, cover up or zap in the West, but puffy peepers form an integral part of this hot new look, with some women going so far as to contour their under-eye area to make it appear bigger. This is particularly popular in Korea, where puffiness is seen as pretty.

Blush applied directly under the eyes to give the impression of being tired is also a key part of the trend, especially in Japan. Instagram users like @matilda_xy have been demonstrating how a thick sweep of blush above the cheekbones results in the sort of tired, slightly feverish esthetic that only a hangover can bring about. Instagrammer @mavis_guo shows how the look can be paired with pale skin and a slightly shiny eye for that "just woke up" vibe. AFP



PROBLEM DRINKING

Millennials take to online sobriety aid

While face-to-face meetings are more effective than online groups when it comes to curbing alcohol abuse according to a survey presented last week at the American Psychological Association's convention in Toronto, the use of web-based sobriety support sites is steadily growing.

Wayne Skinner, a clinical director in the addictions program at Toronto's Centre for Addiction and Mental Health (CAMH), worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

"They can finally get help instead of being desperate and alone," said Grant, who advocates regular attendance at meetings, buttressed by online support when a person needs it to either get sober or to stay sober.

"That's often a barrier."

He said the ability to offer peer support to an extended group of people is a powerful dividend from the technology — and one that more and more young computer-savvy people will likely embrace in the future, he said.

While lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

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THE CANADIAN PRESS

The idea that it is available 24-7-365 is phenomenal.

Don Grant on the benefits of online support



Emily Wight, above, insists you don't have to break the bank to eat tasty, healthy meals. TRACEY KUSIEWICZ/HANDOUT



COOKING

Cookbook inspired by Vancouver mom's blog

Emily Wight insists you don't have to break the bank to eat well.

Her new cookbook, *Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens* (Arsenal Pulp Press), stems from a blog she began writing after graduating from university.

"It was the perfect subject matter for the times," Wight says.

"Student loans were about to become payable and I was still just getting into full-time work."

"It seems to appeal to people because a lot of us are in the same boat. You don't want to sacrifice taste and you want to look forward to your meals, but on the other hand, you've got your rent to pay, your daycare to pay and it's expensive."

Now the 32-year-old is balancing a career in communica-

tions at the University of British Columbia and motherhood, with toddler Hunter, who will be four in November. But she eked out enough time to write her book, with tips and recipes gleaned from years of frugality.

"You don't have to have expensive ingredients to make a satisfying meal. I find I can make a perfectly delicious pasta sauce with canned tomatoes that are the no-name brand, so you don't feel you have to go out and buy the most expensive thing in order for it to be good," she says from Vancouver.

"You can have delicious and luxurious and satisfying meals on a budget."

To control her spending, her food budget has its own bank account.

She reads flyers and shops at stores that offer mobile apps.

"They make it really easy and convenient to use their coupons and stretch your dollar a little further with points programs."

She also buys locally as much as possible.

"Little farm stands and farm markets are a great place to get good value on your produce. The same goes for some of the Asian markets or ethnic markets in your community, because a lot of those places will be bring-



Lentil Sloppy Joes.

THE CANADIAN PRESS/HANDOUT

ing in produce at quite a good price as well."

The latter are also a great source for condiments and sauces to liven up a simple recipe.

"A little bit of fermented bean paste, for example, makes green beans something really different and a little kimchee goes a long way."

The spicy fermented Korean side dish can be tossed into fried rice or pancakes or can accompany a rice and lettuce wrap.

Buy meat in bulk when possible, she advises.

"The butcher is really great because you're not getting that grocery store markup and you're also getting the expertise," Wight says.

If you have the space, a chest freezer is ideal for storing bulk buys. Wight bought hers on Craigslist for about \$25.

"It's not nice looking. But it's a great way for us to economize and my husband hunts and fishes so we pack up the freezer."

She also likes to make one-pot dinners that will provide enough to have leftovers for lunch the next day.

"Something like a lentil sloppy joe heats up pretty nice the next day at work, or sometimes a curry or a dal, I can just pile it over rice and eat it at work or send it to daycare for Hunter."

Wight remembers only too well juggling tuition and rent as a student.

In early fall, before life heats up with assignments, she suggests that students stock up for winter, when items like onions, squash and potatoes are cheaper and of good quality.

Make batches of soup, chili or cabbage rolls in a slow cooker. Freeze portions to defrost and eat when exams are looming.

THE CANADIAN PRESS

IN BRIEF

Your guide to America's most underpaid CEOs

The U.S. Securities And Exchange Commission recently ruled that public companies disclose the ratio of the CEO's pay to that of the average employee. Here's a list CEOs whose annual salary is a whopping dollar:

- Kinder Morgan CEO, Richard Kinder, even reimburses the company for his expenses, like parking and health-care premium.

- Whole Foods Market Co-CEO, John Mackey, cut down his salary to \$1 and limited stock options six years ago. Whole Foods caps executive pay at 19 times the average employee.

- Co-Founder of Google, Sergey Brin's annual income dropped to \$1 when the company went public in 2004. CEO of Google, Larry Page, also received an annual paycheck of \$1, though his Class A and Class B shares in stock wouldn't reflect this meager income.

- Fossil Group CEO, Kosta

Kartotsis, doesn't even receive a dollar. His annual salary beats all the rest at \$0.

It's important to note that annual salary does not equal annual compensation. Their net worth still makes these CEOs very rich people.

HADLEY BOLTRES/METRO IN NEW YORK

Vice digital staff unionize

Vice Media's digital editorial staff are joining a union — the latest in a wave of digital staffers voting to unionize.

The Writers Guild of America, East, said Friday that the next step is negotiating a collective bargaining agreement with Vice management. Vice CEO Shane Smith said he supported the writers' decision to unionize. "As an old, grey-haired man all I want is for my beautiful Vice family to be happy — those writers who voted to unionize and those who did not," he said in a statement.

Over the summer, Gawker Media, Salon and Guardian U.S. staffers joined the same union. THE ASSOCIATED PRESS

WORKPLACE

How to cover for vacationing coworkers

OFFICE RELATIONS

Eleni Deacon

When you're on vacation, your work should feel miles from your mind. But for your colleagues stuck back at the office, your work could cause double-duty pressure.

During the summer months, most employees want to skip town. And while their time off is hard-earned, the stragglers must pick up the slack.

Filling in for absent coworkers inevitably means more tasks — but it doesn't have to mean more stress.

Before you hop on a plane, make a plan. Establish which of your colleagues will be responsible for your assignments, then walk them through any unfamiliar processes. This conversation should not be saved for 4:30 p.m. on your final day (at which point you'll already be deep into crack-a-Corona mode). Set aside time during

the week before your departure to thoroughly review your requirements, then follow up pre-takeoff to ensure there are no outstanding questions.

Keep your to-do list doable. Your vacation is not an opportunity to saddle someone else with that finicky project you keep putting off. Set priorities, and only assign the must-get-done jobs. Provide clear, written instructions for how and when each component must be completed, and address how to handle any snags. No one wants to answer emails while they're away. Properly brief your understudy, and you'll

have no reason log in.

If you're the one stuck at your desk, get proactive about your impending workload bump. Before your colleague scoots to the cottage, ask all

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It's only a reward if you save

CREDIT CARDS

Points distract from annual fees and high interest rates



Let me get this straight — credit card companies will give me tons of free stuff just for using their card to buy what I was going to buy anyway?

Well... sort of.

Who doesn't love free points? I love free points, miles, cash back — they all sound great to me.

Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

The best rewards cards all have two things in common: they have an annual fee and they have relatively high interest rates — usually 18 to 20 per cent.

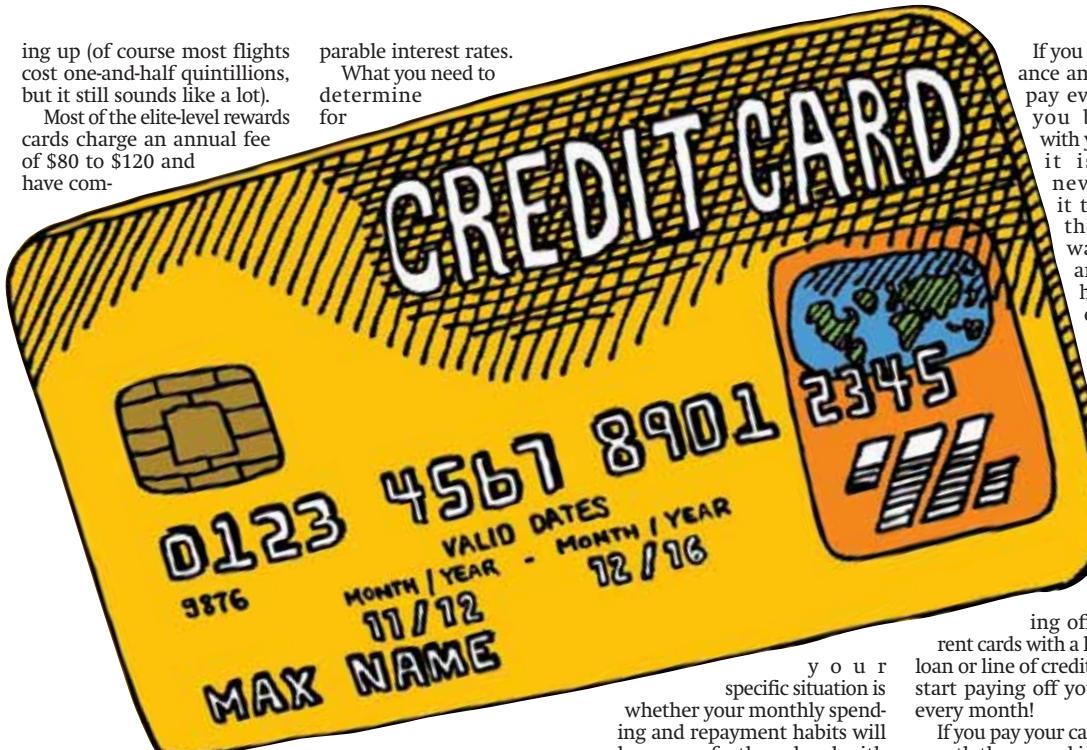
There are no-fee cards that have some limited rewards features and/or a lower interest rate, but you'll notice they are never quite as lucrative as the mega-platinum versions that offer a quintillion points for sign-

ing up (of course most flights cost one-and-a-half quintillions, but it still sounds like a lot).

Most of the elite-level rewards cards charge an annual fee of \$80 to \$120 and have com-

parable interest rates.

What you need to determine for



Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

your specific situation is whether your monthly spending and repayment habits will leave you further ahead with the fancy rewards card, or with the annual fee safe and sound in your bank account instead of in the hands of your credit card provider.

The first commandment of personal finance is to never carry a balance on your credit cards.

If you carry a balance and don't repay every dollar you borrowed with your card(s) it is almost never worth it to go with the best rewards cards and pay the higher interest rates.

Instead, you should look at getting a credit card with the lowest possible interest rate, paying

off your current cards with a low-interest loan or line of credit, or simply start paying off your balance every month!

If you pay your card off every month the annual interest rate is irrelevant to you.

Now you can start counting your chickens before they hatch (note to self: new credit card promotion aimed at farmers...) and looking at what rewards best fit you.

Some cards give more points for travel, while others prize

\$ BANK NOTES

Credit card rewards tips

- Try to negotiate not paying the annual fee. You should be able to get out of paying it for the first year for sure.
- Several provinces will allow you use Aeroplan points to repay your student debt.
- Not all points/miles/rewards are created equal. Check to make sure you're comparing apples to apples when looking at the value of your rewards system.
- Some companies bank on points/miles/rewards inflation rates so that you will be penalized for hanging on to your points too long.

groceries and gas station purchases. You need to do some basic math and figure out if you spend enough that the rewards you will accrue are worth more than your annual fee.

There are some great online resources out there at places such as LowestRates.ca and RateHub.ca that allow you to quickly compare your credit card options and see which one is right for you and your spending habits.

STUDENTS

Budgeting, managing debt vital for students, experts say

As students prepare to make the leap from high school to college or university, many may find themselves confronting some tough, new lessons outside the classroom.

"Kids coming out of high school have very low financial literacy," says Kurt Rosentreter, a financial adviser at Manulife Securities. "Very few understand money."

That can lead to major challenges down the road and exacerbate the debt burdens they will have to shoulder upon graduation, Rosentreter says.

"Coming out of school after four or five years with \$100,000 in debt is one of the worst things that could happen to you," Rosentreter says. "It's a burden on your back that will limit your ability to get debt for future purposes, like borrowing to buy a home or a car."

Budgeting

Lana Robinson, executive director of CIBC Wealth Advisory Services, recommends that students create a monthly and a weekly

budget to track their sources of income and their expenditures.

Income sources can include student loans, bursaries, a line of credit, loans from family members and income from part-time or summer jobs.

Expenses can be broken down into two categories, says Robinson. Non-discretionary costs include non-negotiable items like rent, tuition and transportation.

Determining how much to spend on discretionary items requires making decisions, such as how much to shell out for cellphone coverage and whether to eat out or cook at home.

However, it isn't enough to simply create a budget, says Robinson — for many people, the tricky part is sticking to it.

"It takes discipline," Robinson says.

For students who receive student loans and other income in large, lump sums, Robinson recommends keeping that money in a separate savings account and transferring portions of it into chequing on a monthly basis.

That can help students ensure that they don't spend more than their monthly allotment.

Managing debt

Learning how to use debt wisely is another important skill for students to grasp, says Rosentreter. It's all too easy to run into trouble by treating a credit card "like it's candy," he says.

"I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards," Rosentreter says.

There are several kinds of debt

that students can use to pay their way through school, and Rosentreter recommends sticking to those with low interest rates that allow more time for repayment.

Government student loans are usually the best option in this regard, as they typically don't require students to pay them back until after graduation. However, some students may not be able to secure as much funding through that avenue as they require — particularly if their parents are in too high of an income bracket.

A student line of credit from a bank is a good alternative, while credit cards — which have the highest interest rates and need to be paid down quickly — are the worst of the available options, Rosentreter says.

If possible, students should try to borrow money from parents, grandparents or aunts and uncles, as family members are likely to provide loans on friendly terms — for example, not requiring the student to pay back the money until he or she has landed a job. THE CANADIAN PRESS

I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards.

Kurt Rosentreter, financial advisor



Creating a budget may be hard for students just coming out of high school with little financial awareness, but experts say it's essential. ISTOCK

GOP Trump makes bloody remarks

Republican presidential candidate Donald Trump said Friday he can't recall using words such as "dog," "fat" and "disgusting" to insult women he believes have slighted him, but such language litters his Twitter feed and other comments he's made for years.

The issue took centre stage at the first Republican debate of the 2016 campaign for president, when Fox News moderator Megyn Kelly asked Trump about his use of such language and whether it reflected the "temperament of a man we should elect as president."

Trump largely dismissed Kelly's question at the debate, but on Friday he went directly after her.

Before dawn, he had retweeted a post calling Kelly a "bimbo." The post was later deleted, but on Friday evening Trump called Kelly a "lightweight."

Referring to Kelly's questions during the debate, Trump said, "There was blood coming out of her eyes, blood coming out of her wherever."

Citing that remark, conservative commentator Erick Erickson said he was withdrawing his invitation for Trump to appear at his RedState Gathering in Atlanta on Saturday. "I just don't want someone on stage who gets a hostile question from a lady and his first inclination is to imply it was hormonal," Erickson wrote on the RedState website Friday night. "It just was wrong."

In tweets sent last year, Trump called Huffington Post editor Arianna Huffington "a dog who wrongfully comments on me" and said she is "ugly both inside and out!" On some occasions Trump appears to have recognized he's gone too far. In April, he retweeted, then deleted, a tweet that read, "If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America?"

THE ASSOCIATED PRESS



Fox News' Megyn Kelly.

Guns, drugs and boobs: Cyrus on double standards

JUST BEING MILEY

Pop star says there's 'nothing left' to catch her doing

IN HOLLYWOOD

Ned Ehrbar

Miley Cyrus and I apparently see eye to eye on a lot of things, including Taylor Swift.

Well, sort of.

While my Swift gripes are more broad and far-reaching, Cyrus is taking issue with one particular move — namely Swift's much-hyped Bad Blood music video.

"I don't get the violence revenge thing," she tells Marie Claire.

"That's supposed to be

a good example? And I'm bad role model because I'm running around with my t---- out? I'm not sure how t---- are worse than guns." Ain't that America, right?

Cyrus also has some other insights that are genuinely awesome, like her take on the double standards of show business: "There is so much sexism, ageism, you name it," she says.

Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore."

Oh, and all of her outlandish behavior and aversion to clothing? It's all pretty savvy, actually.

"There's nothing left to catch me doing," she explains.

"You want to hack my email so you can find my nude pictures? I'll just f---ing put them up."

Right on.

Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore.

Miley Cyrus

**metroGossip
MUST READ**



Miley Cyrus is not impressed by Taylor Swift's Bad Blood music video. ALL PHOTOS GETTY IMAGES

UTOPIA

Smith pontificates on transcendence



Willow Smith takes inspiration from the movie Avatar.

In case anyone's interested, 14-year-old singer and budding philosopher Willow Smith has her idea for utopia all worked out, as she tells i-D magazine in an interview.

"The whole world would be one big tribe, one big commune. It wouldn't be split up and divided, we wouldn't be fighting nearly as much, we wouldn't be using unnecessary sources of power," she says.

"We'd be using free energy, we'd be eating from the trees, we'd be drinking from the natural stream. There wouldn't be

traffic, and diapers and pollution in our rivers. It would all just be transcending into another dimension."

See, you had me and then you lost me.

Oh, and the secret to Smith's ideal worldview?

James Cameron's Avatar, naturally, which she called "my life." Because obviously.

"The strength that the tribe has to overthrow the Sky People, that's the kind of strength that we need to have," she says.

NED EHRBAR/FOR METRO

GOSSIP NOTES

McQueen exhibit a smashing success for London museum

An Alexander McQueen exhibit has become the most successful paid-for exhibition at the Victoria and Albert Museum in London. During its 21-week run, Alexander McQueen: Savage Beauty attracted more than 493,000 visitors from 87 countries, including guests from East Timor and Uzbekistan, says the museum.

The exhibit, which paid homage to the late designer, also sold a record-breaking 84,000 advance tickets and, to meet unprecedented demand, kept the museum open throughout the night for the first time in its history during the final two weekends. It also attracted an online audience of 3 million. AFP

BODY JEWELLERY

Kravitz is pierced for her pleasure



Lenny Kravitz's pants split open on stage.

While Lenny Kravitz isn't talking about the surprising public piercing the world found out about last week when his pants split on stage in Sweden, the artist who applied it is more than happy to. "The piercing still looks happy, healthy and very sturdy. I was proud to see it alive and kicking," body

modification artist Elayne Angel tells Mashable.

And she offers some insight into the purpose of the piercing: "He liked the idea of having one that was in proximity to his penis but not on it. He's definitely into aesthetics and how it looks, but this one also had function. It was meant to please women," she explains.

"It hits the woman in the clitoris during intercourse."

Well all right, then.

NED EHRBAR/FOR METRO

metro SPORTS

Victoria's Ryan Cochrane won 1,500-metre freestyle bronze at the swimming worlds

Monday, August 10, 2015

Jays spank the Yanks

MLB

Toronto caps 3-game sweep; allows just 1 run in series

Everyone already knew the Toronto Blue Jays could really hit. Turns out, it was a trio of splendid pitching performances that closed the gap in the AL East.

Josh Donaldson and Jose Bautista launched long home runs, and the Blue Jays earned their eighth straight victory by beating the New York Yankees 2-0 on Sunday to complete a three-game sweep that tightened the division race.

"Everything seems more in reach," Bautista said. "It seems more attainable."

Marco Estrada tossed three-hit ball into the seventh inning against the suddenly slumping Yankees, outpitching Masahiro Tanaka during Toronto's second consecutive shutout. Boosted by some big acquisitions before the July 31 trade deadline, the streaking Blue Jays have won 11 of 12 to pull within 1 1/2 games of the first-place Yankees.

A week ago, New York was up by six.

"Incredible," Estrada said.

SUNDAY In New York

2 **0**
BLUEJAYS YANKEES

"It's been a great ride. We've had a tremendous team this whole year and obviously just got a little better. Adding a few pieces helped a lot. Our confidence is pretty high and we're all enjoying the run."

In a series that featured the top two offences in the majors, New York mustered only one run and went scoreless over the final 26 innings. Not since May 1999 against the Angels had the Yankees been blanked in two straight — that stretch of 2,665 games between consecutive shutouts was the longest in major league history, the team said in citing research by the Elias Sports

Bureau.

It was the first time since May 2003 that Toronto swept New York in a series of at least three games.

"We definitely took a punch this weekend, and good teams punch back," Yankees slugger Alex Rodriguez said. "For us, it's all about how we respond that matters."

THE ASSOCIATED PRESS

I've got a hard head, so it's all good.

Yankees left-fielder Brett Gardner, who was hit in the back of the head when a fan threw back a Jose Bautista home run ball



Blue Jays shortstop Troy Tulowitzki, right, turns a double play over the Yankees' Brian McCann in New York, Sunday. SETH WENIG/THE ASSOCIATED PRESS

NASCAR

Logano's late pass leads to Glen win

Joey Logano had enough fuel this time.

A week after running out of gas while leading at Pocono with three laps to go, Logano passed Kevin Harvick on the final turn as Harvick ran dry to win the NASCAR Sprint Cup race at Watkins Glen International on Sunday.

Logano completed a weekend sweep after winning the Xfinity race on Saturday and gave Roger Penske his first Cup victory at The Glen. THE ASSOCIATED PRESS



Joey Logano celebrates Sunday's win. THE ASSOCIATED PRESS

IN BRIEF

Nishikori rallies to defeat Isner in Citi Open final

Getting his hard-court game in shape ahead of the U.S. Open, Kei Nishikori came back to beat big-serving John Isner 4-6, 6-4, 6-4 on Sunday for his first Citi Open title.

The second-seeded Nishikori, the runner-up at Flushing Meadows last year, weathered 18 aces from the eighth-seeded Isner, a six-foot-10 American who fell to 0-3 in finals in Washington.

THE ASSOCIATED PRESS

CFL

Ticats thoroughly beat Blue Bombers

Zach Collaros threw three first-half touchdown passes and Emanuel Davis returned two interceptions for scores as the Hamilton Tiger-Cats beat the Winnipeg Blue Bombers 38-8 on Sunday afternoon to remain unbeaten at Tim Hortons Field.

Hamilton (4-2) earned its ninth straight victory at the stadium before yet another enthusiastic sellout gathering of 24,068. The Ticats captured their fourth win in five games overall to move into a first-place

11

Hamilton's longest home win streak of 11 games was recorded in 2001-02.

tie in the East Division with Toronto (4-2) and Ottawa (4-2).

Winnipeg (3-4) remains tied for third in the West Division with B.C. THE CANADIAN PRESS

PGA

Lowry cards 66 for WGC victory

With no mistakes and two great escapes from the trees, Shane Lowry of Ireland introduced himself on a world stage by winning the Bridgestone Invitational on Sunday in Akron, Ohio.

He locked up victory in this World Golf Championship with a shot through the trees from left of the 18th fairway that descended over a bunker and settled just over 10 feet away for one final birdie and a 4-under 66.

"I was trying to get it to the front right of the green, but I pulled it a little bit," Lowry said. "Obviously, it went through the tree, and the rest is history. I couldn't believe I was seeing the ball coming down from there, coming down on the green."

He won by two shots over Bubba Watson, who also shot 66.

Lowry won the Irish Open as an amateur in 2009, and he picked up his first European Tour victory in 2012 in Portugal.

In the final round at Firestone, Lowry produced a flawless card of no bogeys and plenty of emotional fist pumps to celebrate the biggest win of his career. He is the first non-PGA Tour member to win a WGC since Martin Kaymer at the 2011 HSBC Champions.

Jim Furyk and Justin Rose, who shared the 54-hole lead, couldn't keep up. Both closed with a 72 to tie for third, four shots behind. THE ASSOCIATED PRESS



Shane Lowry celebrates with his caddie Dermot Byrne after making a birdie putt on the 18th hole at the Bridgestone Invitational on Sunday. MIKE LAWRIE/GETTY IMAGES

Rivard a multi-medal threat

PARAPAN 2015

Swimmer is fresh off winning pair of world golds

She travels the planet as one of Paralympic swimming's brightest young stars, and has already stood atop numerous international medal podiums.

But Aurelie Rivard looks forward to the day she can do what other teenagers take for granted — text with two hands.

The 19-year-old from Saint-Jean-sur-Richelieu, Que., who was born with an underdeveloped left hand, could win up to seven medals at the Parapan American Games this week in Toronto. The Games come on the heels of a world championship performance that saw her win two gold and two silver.

And the punctuation mark to an outstanding year will come



Aurelie Rivard STEVE RUSSELL/TORSTAR NEWS SERVICE

in September, when she gets her first-ever prosthetic hand, custom-matched to her skin tone and complete with heat-activated sensors in the fingertips for texting.

"I didn't even know they could do that," Rivard marvelled.

Rivard turned down an offer for a prosthetic hand several years ago, saying the quality wasn't great, and it would have restricted the movement in her wrist.

"But a couple of months ago I saw a girl and she had a fake hand, and I thought 'Oh, that's so cool,'" Rivard said. "I just want to have the feeling of two hands that I haven't had before."

Rivard and her twin sister Charlotte grew up swimming, starting when they were just a year old. Rivard credits sports with helping her overcome an anxiety disorder she developed as a 10-year-old that was so debilitating, she was afraid to leave the house alone. In retrospect, she believes it was partly related to her disability.

"Because I felt different," Rivard said.

Her anxiety was so overwhelming before races, she would vomit on the pool deck.

"But swimming, high-level sport, completely changed me, because I was facing my fears every single day," Rivard said. "I had to travel the world by myself, in (countries with) other languages, in other cultures."

THE CANADIAN PRESS



WHEELCHAIR RUGBY CANADA TOPPLES COLOMBIA Canada's Zak Madell knocks over Carlos Neme Montoya as Colombia teammate Jhon Orozco Nunez takes off with the ball during mixed-gender wheelchair rugby at the 2015 Parapan Am Games on Sunday in Toronto. Canada won the match 76-32. FRANK GUNN/THE CANADIAN PRESS

SWIMMING ROUNDUP

Zack and Zach attack podium

Canada picked up two more medals in the pool at the Parapan American Games on Sunday.

Zack McAllister and Zach Zona finished second and third, respectively, in the S8 400-metre freestyle. They were looking to add more hardware in the 50-metre

final during the evening session.

McAllister, of Lethbridge, Alta., grabbed the silver in a time of four minutes, 47.88 seconds. Zona, of Waterford, Ont., took bronze in a personal best time of 4:52.36.

Brazil's Caio Amorim Muniz won the race in 4:33.10.

"I could have gone faster," said McAllister. "I kind of just knew I was going to get silver so I was playing it safe."

Earlier in the morning, McAllister swam a personal best time of 27.75 seconds and tied for an America's Record with Mexico's Armando Andrade in the 50 free preliminaries. THE CANADIAN PRESS

Premier League

Arsenal wrecked by Cech's 'accidents'

Two mistakes by new goalkeeper Petr Cech sent a much-hyped Arsenal side crashing to a 2-0 defeat at home to West Ham, while Liverpool's start to the new Premier League season ended with a late 1-0 win at Stoke on Sunday.

Cech arrived from Chelsea with a reputation for keeping clean sheets, but a header from Cheikhou Kouyate in the 43rd minute and a low shot by Mauro Zarate in the 57th unexpectedly beat the 33-year-old keeper.

There was little goalmouth action at Stoke until Liverpool midfielder Philippe Coutinho scored with a ferocious shot from 25 metres in the 86th minute.

The points were shared at St. James' Park where Newcastle,

under new coach Steve McClaren, drew 2-2 with Southampton in Sunday's other game.

Arsenal dominated possession at Emirates Stadium but lacked ideas against a West Ham side that has been playing competitively in the Europa League under new manager Slaven Bilic.

"We were not convincing offensively, nor defensively," Arsenal manager Arsene Wenger said.

On the first goal, Cech rushed out to clear a free kick but his gloves arrived second to Kouyate's head. Arsenal's marquee signing was then



It was a wonderful, wonderful goal.

Liverpool manager Brendan Rodgers on Philippe Coutinho's latest wonder goal.

wrong-footed by Zarate's shot from outside the area.

"Any championship is never a motorway," Wenger said. "It's always (about) responding well to accidents."

Liverpool was taking on a Stoke side that had humiliated them 6-1 in their final game of last season.

The tables were turned by

Coutinho's moment of magic, when the Brazilian shrugged off a challenge before unleashing a booming shot that grazed Jack Butland's gloves on its way in.

"I think we showed a different type of will and different character than obviously the last time we were here," Rodgers said. "We defended really, really well... and we knew that if we could hold the game and stay tight, then obviously as the game wore on our quality can come through."

THE ASSOCIATED PRESS



West Ham's Cheikhou Kouyate heads the ball past Arsenal keeper Petr Cech on Sunday in London. JULIAN FINNEY/GETTY IMAGES

IN BRIEF

L.A. gets dose of dos Santos

Giovani dos Santos had a goal and an assist in an impressive MLS debut, leading the LA Galaxy to a 3-1 win over the Seattle Sounders on Sunday.

Dos Santos set up captain Robbie Keane's tiebreaking



goal in the 47th minute before the Mexican playmaker scored his first goal in the 64th minute, taking a beautiful pass from Keane and burying his shot past Stefan Frei.

THE ASSOCIATED PRESS

No one injured after Hertha Berlin bus shot at pre-match

Hertha Berlin says its team bus was shot at Sunday ahead of a German Cup match in Bielefeld.

The Bundesliga club says no one was injured in the incident. There were no players on the bus at the time.

Hertha general manager Michael Preetz told Sport1 that the bus was overtaken by a motorcyclist who

threatened the driver with his fist and then pulled out a pistol at a roundabout. The shot did not penetrate the windscreen.

THE ASSOCIATED PRESS

Iconic NFL personality Gifford dies at age 84

From the football field to the broadcast booth, Frank Gifford was a star. And a winner.

An NFL championship



Frank Gifford in 2012 GETTY IMAGES FILE

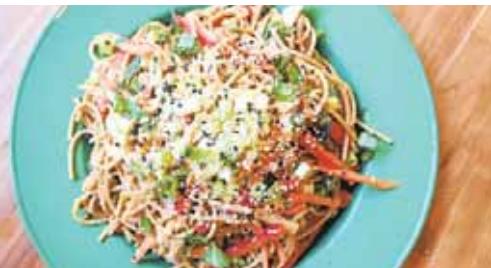
in 1956 with the New York Giants. An Emmy award in 1976-77 as television's "outstanding sports personality." Induction in the Pro Football Hall of Fame in '77.

Gifford, as well known for serving as a buffer for fellow

announcers Don Meredith and Howard Cosell on Monday Night Football as for his versatility as a player, died Sunday. He was 84.

In a statement released by NBC News, his family said Gifford died suddenly at his Connecticut home of natural causes Sunday morning. His wife, Kathie Lee Gifford, is a host for NBC's Today.

THE ASSOCIATED PRESS

RECIPE Almond Butter Noodle Salad**EAT LIGHT AT HOME**

Rose Reisman
rosereisman.com
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Almond butter has a milder flavour than peanut butter. This is a great salad that can be a side dish or a main course with the addition of cooked chicken, meat or fish.

Serves 4**Ready in**

Prep Time: 15 minutes
Cook Time: 8 minutes

Directions

- Cook spaghetti until firm to the bite, according to package directions. Drain.
- Add bell pepper, carrot, water chestnuts, green onion and cilantro to spaghetti.
- Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds.

Ingredients

- 8 oz spaghetti
- 1/2 large red bell pepper, sliced thinly
- 1 medium carrot, peeled and cut into matchsticks
- 1/2 cup sliced canned and drained water chestnuts
- 1/3 cup diced green onion
- 1/4 cup chopped cilantro or basil
- Dressing
- 1/3 cup almond or peanut butter
- 3 Tbsp rice wine vinegar
- 3 Tbsp light soy sauce
- 2 Tbsp water
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp minced ginger
- 2 tsp toasted sesame seeds

Nutrition per serving (recipe serves 4)

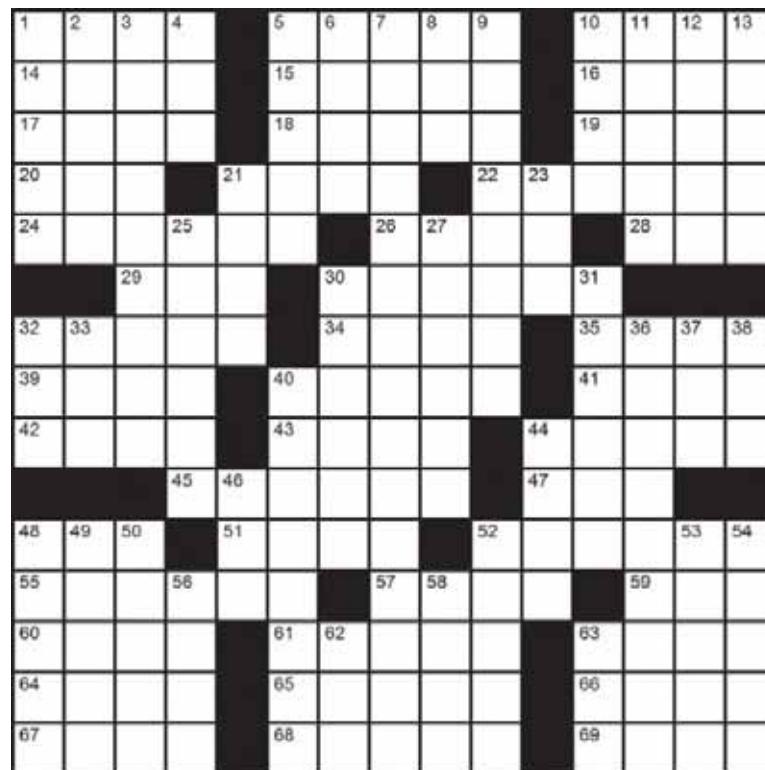
- Calories 290
 - Protein 10g
 - Carbohydrates 40g
 - Fibre 5g
 - Total fat 11g
 - Saturated fat 2g
 - Cholesterol 0mg
 - Sodium 660mg
- PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Honolulu's home
- Prepare, as broccoli
- Hoo-hoo-ers
- Italian car manufacturer
- Sao __ Brazil
- Tangible
- Ripped
- Keyboard instrument
- Catherine Jones
- Antiquity
- Perfect
- Victor's prize to put on display
- Beaver coin
- Roman emperor
- Affirmative reply
- Frying need
- Ambulance signals
- Skeleton's head
- Ms. Horne
- Mr. Stoltz
- Chipper
- Matte __ (Toronto-born television host)
- Marvin Gaye's daughter
- Poker game stake
- Songstress Tori
- George Burns prop
- Be in need of new stock: 2 wds.
- Ms. Saldana of "Avatar" (2009)
- Electronics brand
- Multivitamin mineral
- Bone's inner
- Pomposity
- Clock time
- generis (Unique,



- in Latin)
60. City in Pennsylvania
61. Courage
63. Stars on television
64. Parliament Hill worker
65. Heron kind
66. Remedy

67. Grape's inner
68. Extinct birds
69. Went too fast

- ing surface: 2 wds.
4. 'Comp' completer (Calculator)
5. Bobbin
6. Mountain lake
7. Canadian women's tennis star who was born in the city at #9-Down: 2 wds.
8. Birmingham's

- state, for short
9. Where the men are competing, as per #36-Down
10. Rice-shaped pasta
11. Tearful
12. Workshop machine
13. Kills, in a fan-

DOWN

- Frequently
- Garlic mayonnaise
- Type of tennis play-

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	7		1
	5		4	6
6	7	5		8
4	9	5		3
	8	4	2	
8		9	1	5
1			8	5
5	6	3		8
9			5	3

*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20
Something that seemed so easy to do a little while ago now seems extremely difficult and you can't work out why. Don't give up on it though. What happens later in the week will make it easy again, so bide your time.

Taurus April 21 - May 21
You may find it hard to get along with certain people today but it's no big deal. Rather than risk saying something you may later regret just remove yourself from their presence for a while.

Gemini May 22 - June 21
It may not be easy turning down an attractive, and profitable, proposal but turn it down you must because the planets warn it will

result in more work and more pressure than you can handle.

Cancer June 22 - July 23
If you have gone to extremes in any way in recent weeks, opposing forces will bring you back toward the middle ground over the next few days.

Leo July 24 - Aug. 23
You seem to be anxious about financial matters at the moment but there is really no need. As Jupiter moves from your own sign to the money area of your chart tomorrow, there is sure to be good news of some kind.

Virgo Aug. 24 - Sept. 23
It may seem as if someone is withholding their affections but before you get angry about it, consider

this: they may be caught up in their own worries so much they don't have time for anyone else.

Libra Sept. 24 - Oct. 23
Some habits are easy to break but the habit you are struggling with at the moment seems too deep-rooted to overcome. Maybe you should stop trying so hard and instead find ways to enjoy it.

Scorpio Oct. 24 - Nov. 22
If you force yourself to be enthusiastic about something you don't much like today you may surprise yourself by how easy it is — and how much you enjoy it.

Sagittarius Nov. 23 - Dec. 21
Don't let yourself be talked into doing anything you don't feel com-

fortable with today. Resist, even at the risk of starting a feud.

Capricorn Dec. 22 - Jan. 20
Actions always speak louder than words, so do what has to be done and don't worry that others might not understand your reasons.

Aquarius Jan. 21 - Feb. 19
Don't let financial worries limit your horizons. You may think that you cannot afford to go out and have fun but you can if you use your imagination.

Pisces
Feb. 20 - March 20
This should be a really good week for you but there is a danger that you might be tempted to focus on minor failures and not allow yourself to enjoy the good things in life.

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tasy novel
21. Heaven's opposite
23. Director Mr. Howard
25. Out of __ (Unbalanced)
27. Mr. Borgnine
30. Hit the brakes hard: 2 wds.
31. Higher in position
32. Health resort
33. Mr. Burns of TV documentaries
36. Professional tennis tournament held in Canada each year, it's currently underway in Toronto for the women players (More at #9-Down): 2 wds.
37. __ pinch
38. Ford product
40. Shunned
44. Russian ruler, variably
46. Submachine gun type
48. Ms. Perlman's
49. Noted 'Madame' of chemistry
50. Tolerate
52. Combo dogs
53. Outlandish
54. Got smart, __ up
56. Marsh plant
58. Cream-filled cookie
62. Certain consciousness
63. Namesakes of Mario's "Saved by the Bell" role

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